



# Canalside Centre

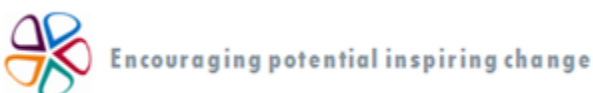
## Key Stage 3

### Learning Outcomes

At Key Stage 3 pupils further develop their ability to respond effectively to problems and physical challenges, both individually and in cooperation with others. The need to analyse, plan and carry out tasks safely as they move from familiar activities and environments into unfamiliar and changing circumstances, often leading and managing themselves.

A breakdown of learning outcomes for courses at Key Stage 3:

- Applying their skills accurately, effectively and confidently.
- To adapt their skills to meet needs of specific activities.
- Have the confidence to attempt new tasks.
- Adapt approaches to meet the challenge of different environments.
- Relate to others in a group, taking on roles and responsibilities.
- To understand the principles used to prepare for outdoor activities and fitness principles involved.

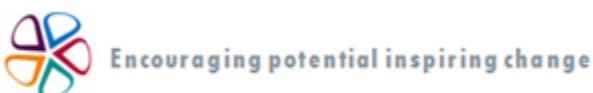




### **Course outline:**

Instructors need to be prepared 5 minutes in advance of the sessional start time, changed, equipment prepared and having reviewed the previous session paper work. All of Canalside's sessions will follow the below format.

- Welcome the group to the facility enter names into register.
- Warm up. This needs to be explained to the group, why we are doing this and good practice emphasised.
- Weekly sessional summary:
  1. Introduction to sport.
  2. Basic technique.
  3. Focus on teamwork.
  4. How to improve performance.
  5. Advanced technique.
  6. Application of skill.
- Warm Down. Explaining the importance of warming down.
- Sessional debrief. Instructor filling in paper work.

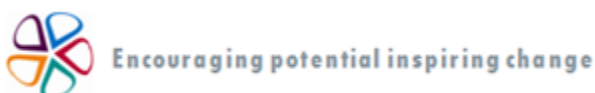




### **Session Outline:**

Coaching staff need to be prepared 5 minutes in advance of the sessional start time, changed, equipment prepared and having reviewed the previous session paper work. All Canalside session will follow the below format:

- Welcome the group to the facility, collect consent forms, enter names into register.
- Warm up. This needs to be explained to the group, why we are doing this and good practice emphasised.
- Weekly sessional summary:
  1. Focus on teamwork.
  2. Introduction to sport.
  3. Basic technique.
  4. How to improve performance.
  5. Advanced technique.
  6. Application of skill.
- Warm Down. Explaining the importance of warming down.
- De-brief time. De-brief the group and tell them about the next session.
- Sessional debrief. Instructor filling in paper work.





### **Learning Outcomes:**

At key stage 3 pupils further develop their ability to respond effectively to problems and physical challenges, both individually and in cooperation with others. They need to analyse, plan and carry out tasks safely, as they move from familiar activities and environments into unfamiliar and changing circumstances, often leading and managing themselves.

A breakdown of learning outcomes for courses at Key stage 3:

- Apply their skills accurately, effectively and confidently.
- To adapt their skills to meet the needs of specific activities.
- Have the confidence to attempt new tasks.
- Adapt approaches to meet the challenges of different environments.
- Relate well to others in the group taking on different roles and responsibilities.
- To understand the principles used to prepare for outdoor activities and fitness principles.

Most of the children's learning should take place through physical activity relating to the group, must carry out short session evaluations. This includes outcomes achieved by each participant and the needs to be recorded after each session.

The learning will follow a 1 star syllabus, this award is suitable for 11-14 year olds.

